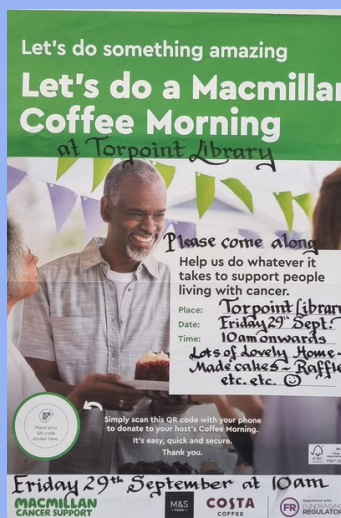


Welcome to our second monthly newsletter for our Torpoint Library and Community Hub. We have welcomed 4,828 of you into our building this September with some of our groups proving to be very popular. Highlights have been Lego Club which, after the success this summer, has moved to a Wednesday afternoon. Our participants continue to amaze us with their creativity and expertise on all things Lego. Chair Pilates was fully booked within two hours of it being advertised and we have a long waiting list for our next session due to start in January. If you are on the list we will call to get this booked before opening up to the public. Feedback has been very positive. We have also had Art for Wellbeing run by Awenek, this group is for everyone and focusses on people taking a little time out of their day to be creative. Knit and Natter is growing in numbers with participants knitting, crocheting and doing cross stitch, some are complete beginners, returners and a few experts.



During September we hosted a Diabetes and You course for the NHS and are currently providing a space for Cornwall Council Link into Learning. Our biggest success was our MacMillan coffee morning we raised £447 in donations for cakes and a raffle. A huge thank you to staff and volunteers who helped with this and to all who donated. We also had good numbers hitting the finish line for the summer reading challenge with 209 starting. Congratulations to those readers and a huge well done if you were one of our 70 finishers. We are making up certificates to send to schools. We have started to publicise our quieter times, it is fabulous to see so many of you come and go, using our café, joining groups and using our library services and computers. We recognise it is also important to have some time set aside where it is a slightly calmer environment for learning, reading and thinking. If you are visiting at these times please be considerate to others, normal conversation levels are fine in the café.

Torpoint Library and Community Hub

Knit and Natter Group

Thursday Afternoon
1pm-4pm drop-in session
Weekly
Knitting and Crochet
All Welcome!!
Bring any unfinished projects or start a new.

Isla Sell

Monday Wake and Shake Club

Seated Pilates and a cuppa

JOIN US IN TORPOINT LIBRARY AND COMMUNITY HUB MONDAY 11TH SEPTEMBER 10AM FOR 6 WEEKS SEATED PILATES WITH ISLA SELL. PHYSIO TEAM AND A FREE CUPPA.

Boost your mood, do some simple stretches, strengthen your body and connect with others.

Please book your spot by calling us or emailing 01752 812215 torpoint.library@liscornwall.org.uk Pay as you feel.

CALL FOR VOLUNTEERS

CAN YOU SPARE SOME TIME?
MANY OPPORTUNITIES

Ask in Torpoint Library and Community Hub for various opportunities

TORPOINT TOGETHER

Archives Library Groups CHAT Home Library
Cafe Support

Lego Club

Torpoint Library and Community Hub

NOW AFTER SCHOOL

Wednesday Afternoon 1530 til 1700

Parental Supervision required

TORPOINT LIBRARY AND COMMUNITY HUB

WEEKLY AUTUMN SCHEDULE

Monday

Chair Pilates 1035
(booking required)

Social Prescriber Clinics TBC

Tuesday

1:1 Support and Benefit Checks;
0930-12pm (weekly)

Art for Wellbeing 10-12pm
(weekly)

Wednesday

Rhyme Time 10-11am (weekly)
Friendship Group 1-3pm (weekly)
Digital Inclusion Support (PM)
Social Prescriber TBC
LEGO CLUB 3.30-5pm

Thursday

1:1 Support and Benefit Checks
0930 - 12pm (weekly)

Knit and Natter 1-4pm Drop-in
(weekly)

Friday

Art Club 10-12pm (weekly)
Home Group - housing/finances 1030-
1230 (1st Friday only)
Cost of Living Visitors (weekly/various)
PM

Sunday

Sustainable Sundays
and Repair Cafe
10 - 2pm (Last Sunday of Month)

SAVE THE DATE

Wednesday 4th Oct CLOSED (School Workshop)

Friday 13th Oct - Harvest Festival with Foodbank

Wednesday 25th Oct - Peter Pan Panto team visit



Home Library Service/Book Befriending

We are able to take books to people in the Torpoint and Rame Peninsula area free of charge if you have limited mobility or are housebound. Please call the number below and we can ask one of our wonderful volunteers to drop to you. If you know anyone who would benefit from this service please let them know.

VOLUNTEERS WANTED FOR OUR CAFÈ AND HOME LIBRARY SERVICE. PLEASE CALL FOR MORE INFORMATION

Open Mon - Fri 9:15am - 4:30pm Please email or call with enquiries
01752 812215 torpoint.library@liscornwall.org.uk



DIABETES AND YOU

Have you recently been diagnosed or are you living with **type 2 diabetes** and would benefit from healthy lifestyle support to better manage your diabetes?



Diabetes and You is a free course for adults living with type 2 diabetes, delivered with your local GP practice and led by trained diabetes educators who will make you feel welcome.

The course will help you to learn about diabetes and help you feel more confident about managing your diabetes. We will talk about diabetes and glucose, medication, food and healthy lifestyle choices and where to get help and support.



The sessions are informal, friendly, and non-judgemental. You can share your experiences of diabetes and ask questions if you would like to.

You will meet other people with diabetes with the option to bring a family member or friend for support.

For more information and course dates please contact

abigail.campbell6@nhs.net